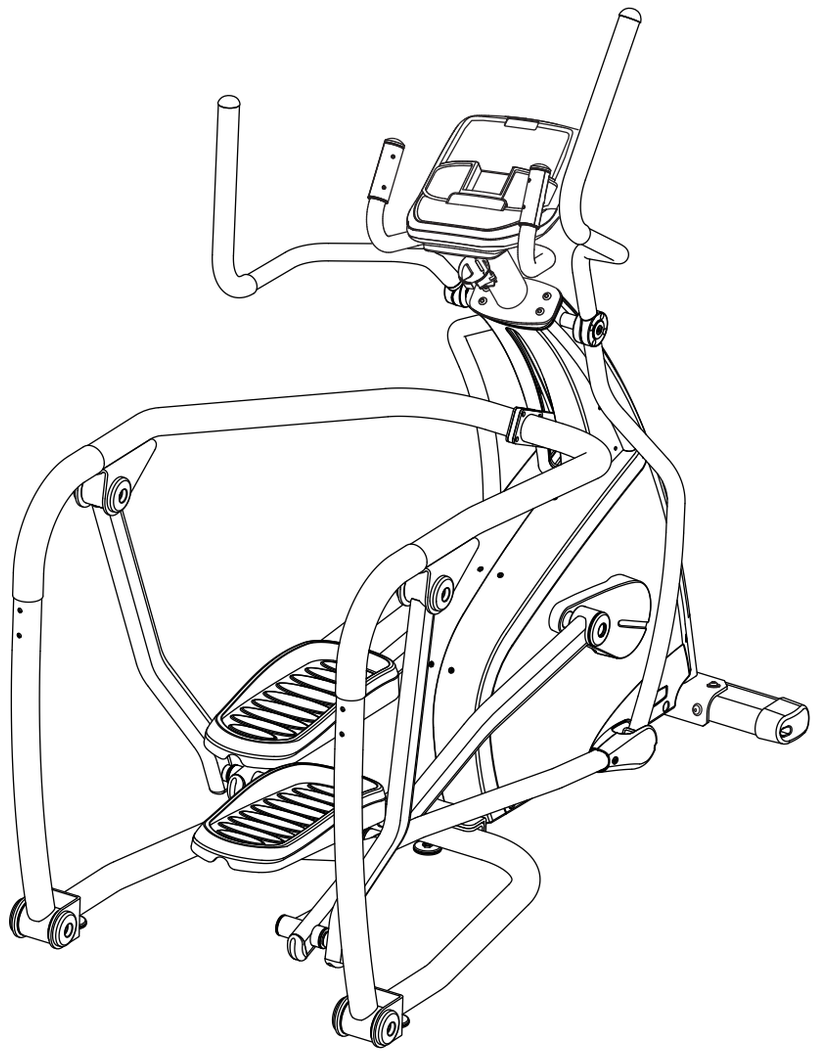


FOR MODEL:

18.0 AXT

ASCENT TRAINER
USER'S GUIDE

INTRODUCTION

CONGRATULATIONS *and* ***THANK YOU*** *for your purchase of this AFG Ascent Trainer!*

Whether your goal is to win races or simply enjoy a fuller, healthier lifestyle, an AFG Ascent Trainer can help you attain it – adding club-quality performance to your at-home workouts, with the ergonomics and innovative features you need to get stronger and healthier, faster. Because we're committed to designing fitness equipment from the inside out, we use only the highest quality components. It's a commitment we back with one of the strongest frame-to-brake warranty packages in the industry.

You want exercise equipment that offers the most comfort, the best reliability and the highest quality in its class.

AFG Ascent Trainers deliver.

TABLE OF CONTENTS

Important Precautions	*4*
Assembly	*5*
Before You Begin	*17*
Ascent Trainer Operation	*18*
Conditioning Guidelines	*31*
Troubleshooting & Maintenance	*35*
Limited Warranty	*39*
CONTACT INFORMATION	*Back Panel*

18.0 AXT Rev.2.4.indd 2-3 9/24/08 1:41:36 PM

IMPORTANT PRECAUTIONS

SAVE THESE INSTRUCTIONS

Read all instructions before using this ascent trainer. When using an electrical product, basic precautions should always be followed, including the following: Read all instructions before using this ascent trainer. It is the responsibility of the owner to ensure that all users of this ascent trainer are adequately informed of all warnings and precautions. If you have any questions after reading this manual, contact Customer Tech Support at the number listed on the back panel of this manual.

To reduce the risk of burns, fire, electrical shock or injury to persons:

- *If you experience any kind of pain, including, but not limited to chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.*
- *Maintain a comfortable pace.*
- *To maintain balance, it is recommended to keep a grip on the handlebars while exercising, mounting or dismounting the machine.*
- *Do not wear clothes that might catch on any part of the ascent trainer.*
- *Do not turn pedals by hand.*
- *Make sure handlebars are secure before each use.*
- *Do not insert or drop any object into any opening.*
- *Unplug ascent trainer before moving or cleaning it. To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents. (See **MAINTENANCE**)*
- *This ascent trainer should not be used by persons weighing more than 325 pounds. Failure to comply will void the warranty.*
- *This ascent trainer is intended for in-home use only. Do not use this ascent trainer in any commercial, rental, school or institutional setting. Failure to comply will void the warranty.*
- *Do not use the ascent trainer in any location that is not temperature controlled, such as, but not limited to garages, porches, pool rooms, bathrooms, car ports or outdoors. Failure to comply may void the warranty.*
- *Use the ascent trainer only as described in this manual.*
- *Keep the pedals clean and dry.*
- *Care should be taken when mounting or dismounting the equipment.*
- *Disconnect all power before servicing the equipment.*

At NO time should pets or children under the age of 12 be closer to the ascent trainer than 10 feet.
At NO time should children under the age of 12 use the ascent trainer.
Children over the age of 12 should not use the ascent trainer without adult supervision.

It is essential that your ascent trainer is used only indoors, in a climate controlled room. If your ascent trainer has been exposed to colder temperatures or high moisture climates, it is strongly recommended that the ascent trainer is warmed up to room temperature before first time use. Failure to do so may cause premature electronic failure.

ASSEMBLY

IMPORTANT: READ THESE SAFETY INSTRUCTIONS BEFORE USE!

There are several areas during the assembly process of an ascent trainer that special attention must be paid. It is very important to follow the assembly instructions correctly and to make sure all parts are firmly tightened. If the assembly instructions are not followed correctly, the ascent trainer could have frame parts that are not tightened and will seem loose and may cause irritating noises. To prevent damage to the ascent trainer, the assembly instructions must be reviewed and corrective actions should be taken.

UNPACKING

Unpack the product where you will be using it. Place the product on a flat level surface. It is recommended that you place a protective covering on your floor. During each assembly step, ensure that ALL nuts and bolts are in place and partially threaded in before completely tightening any ONE bolt.

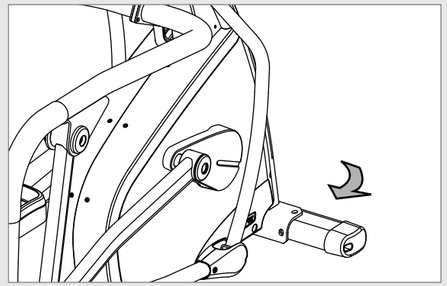
***NOTE:** A light application of grease may aid in the installation of hardware. Any grease, such as lithium bike grease is recommended.*

Before proceeding, find your ascent trainer's serial number located on the front stabilizer tube and enter it in the space provided below. Also locate the model name which is located on the front stabilizer tube.

ENTER YOUR SERIAL NUMBER AND MODEL NAME IN THE BOXES BELOW:

SERIAL NUMBER:

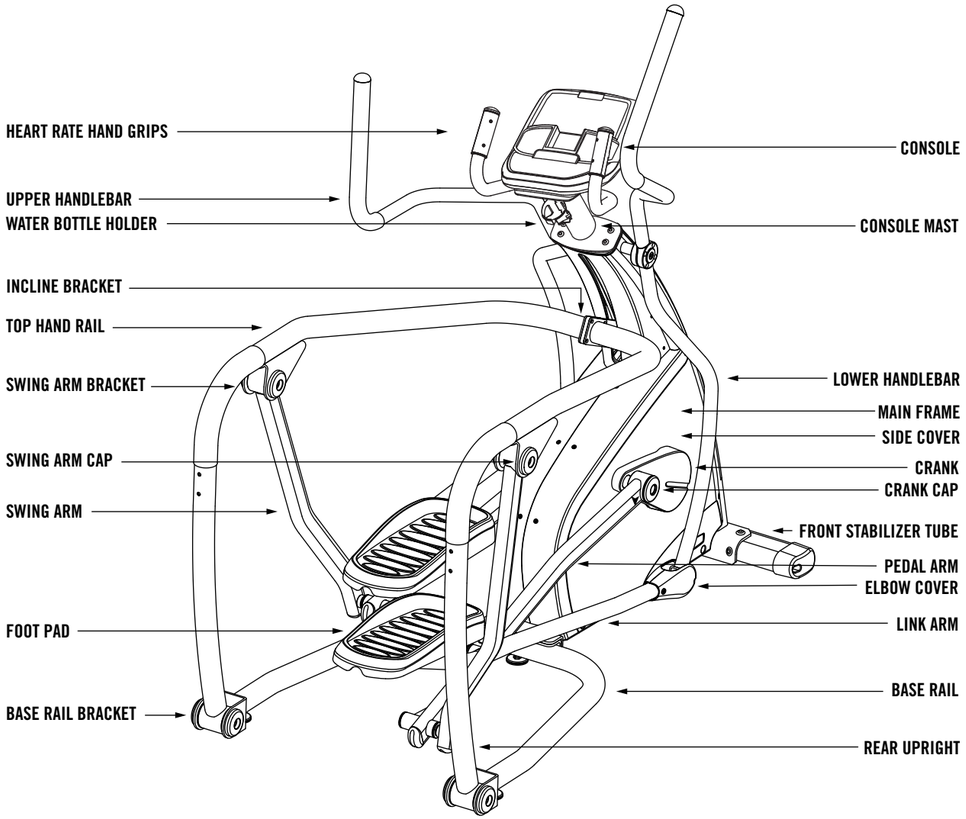
MODEL NAME:



Refer to the **SERIAL NUMBER and **MODEL NAME** when calling for service.*
Enter this **SERIAL NUMBER on your Warranty Card.*

18.0 AXT Rev.2.4.indd 4-5 9/24/08 1:41:39 PM

DIAGRAM AND PARTS LIST



TOOLS INCLUDED

- ☐ Phillips Screwdriver
- ☐ 5 mm T Wrench
- ☐ 5 mm L Wrench
- ☐ 6 mm L Wrench
- ☐ 13/15 mm Flat Wrench

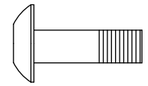
PARTS INCLUDED

- ☐ 1 Console
- ☐ 1 Console Mast
- ☐ 1 Water Bottle Holder
- ☐ 1 Main Frame
- ☐ 1 Front Stabilizer Tube
- ☐ 1 Base Rail
- ☐ 4 Base Rail Bracket Caps
- ☐ 2 Footpads
- ☐ 1 Audio Adaptor Cable
- ☐ 3 iPod® Dock Inserts
- ☐ 2 Crank Caps
- ☐ 2 Upper Handlebars
- ☐ 2 Lower Handlebars
- ☐ 2 Swing Arm/Pedal Arm Sets
- ☐ 4 Swing Arm Caps
- ☐ 2 Link Arms
- ☐ 2 Elbow Cover Sets
- ☐ 2 Rear Uprights
- ☐ 2 Top Hand Rails
- ☐ 1 Power Cable
- ☐ 1 Universal MP3 Player Dock Insert
- ☐ 1 iPod® Docking Station Plug
- ☐ 10 Hardware Bags
- ☐ 1 Wireless Chest Strap

If you have questions or if there are any missing parts, contact Customer Tech Support. Contact information is located on the back panel of this manual.

ASSEMBLY STEP 1

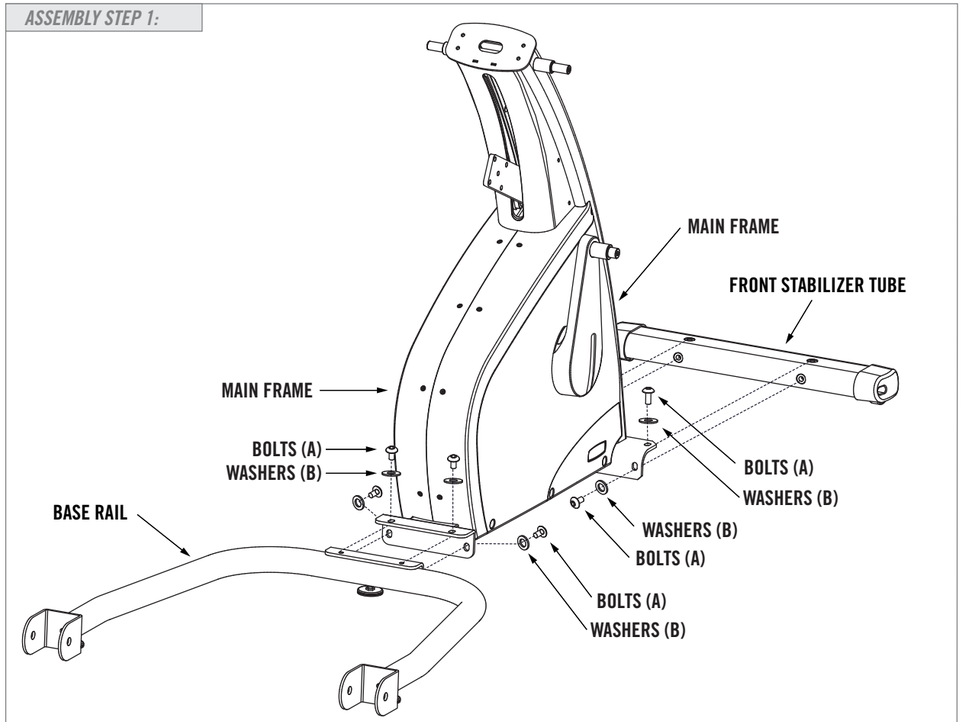
HARDWARE BAG 1 CONTENTS:



BOLT (A)
20 mm
Qty: 8

WASHER (B)
20 mm
Qty: 8

ASSEMBLY STEP 1:



A Open **HARDWARE BAG 1**.

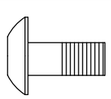
B Attach the **FRONT STABILIZER TUBE** to the **MAIN FRAME** using 4 **BOLTS (A)** and 4 **WASHERS (B)**.

C Attach the **BASE RAIL** to the **MAIN FRAME** using 4 **BOLTS (A)** and 4 **WASHERS (B)**.

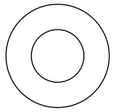
18.0 AXT Rev.2.4.indd 6-7
9/24/08 1:41:42 PM

ASSEMBLY STEP 2

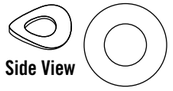
HARDWARE BAG 2 CONTENTS:



BOLT (C)
16 mm
Qty: 12



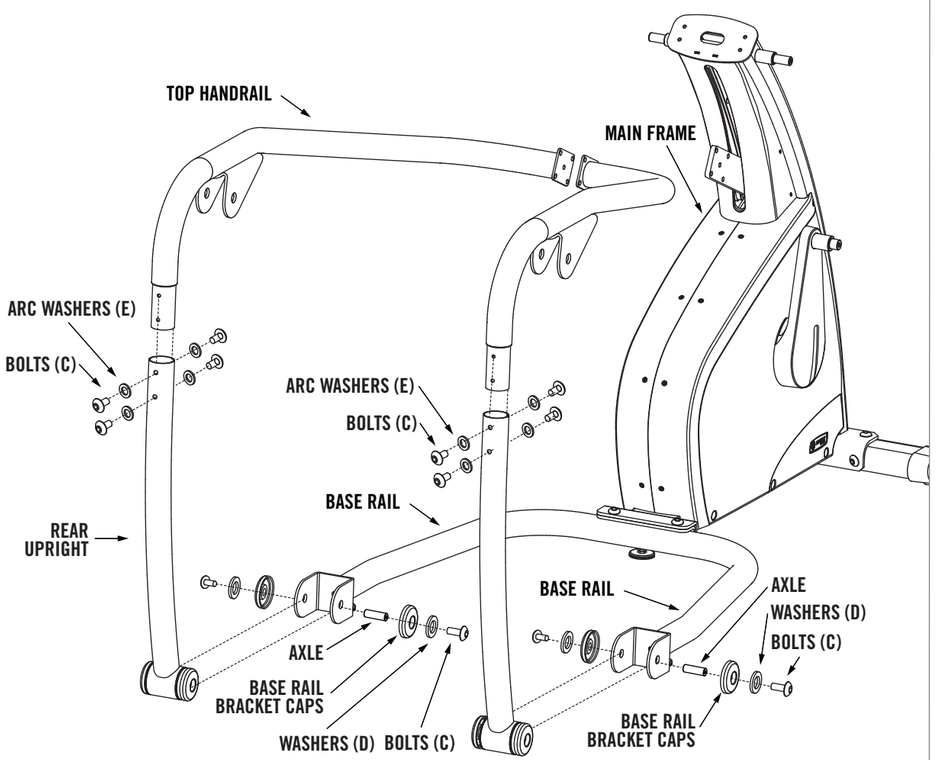
WASHER (D)
25 mm
Qty: 4



ARC WASHER (E)
17 mm
Qty: 8

AXLE
Qty: 2

ASSEMBLY STEP 2:



A Open **HARDWARE BAG 2**.

B Attach the **REAR UPRIGHTS** to the **BASE FRAME** using 4 **BOLTS (C)**, 4 **WASHERS (D),** 4 **BASE RAIL BRACKET CAPS** and 2 **AXLES**.

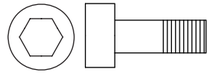
NOTE: Assemble the **TOP HANDRAILS** so they are parallel to the floor. Do not assemble with the **TOP HANDRAIL** resting on the floor.

NOTE: Assemble the **REAR UPRIGHTS** so they curve toward the **MAIN FRAME** as illustrated.

C Partially thread the **TOP HANDRAILS** to the **REAR UPRIGHTS** using 8 **BOLTS (C)** and 8 **ARC WASHERS (E)**.

ASSEMBLY STEP 3

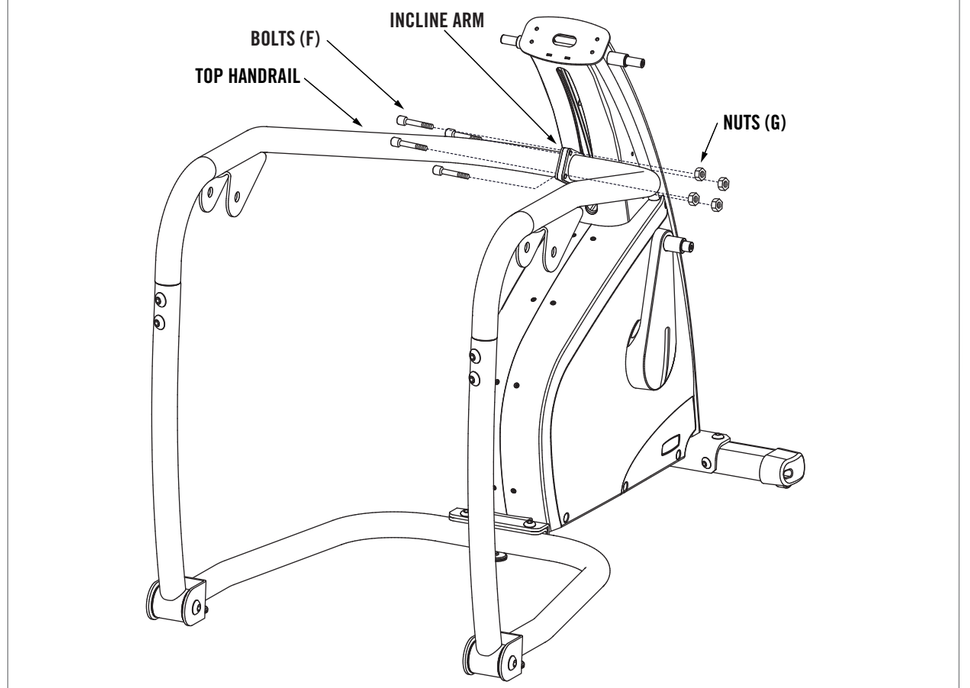
HARDWARE BAG 3 CONTENTS:



BOLT (F)
25 mm
Qty: 4

NUT (G)
8 mm
Qty: 4

ASSEMBLY STEP 3:



A Open **HARDWARE BAG 3**.

B Attach each **TOP HAND RAIL** to the **INCLINE ARM** using 4 **BOLTS (F)** and 4 **NUTS (G)**. To make assembly easier, lightly tighten all four bolts to begin, then tighten firmly after all bolts have been started.

NOTE: The **INCLINE ARM** extends from the front of the **REAR MAST COVER**.

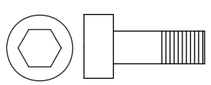
NOTE: Tighten all hardware from **Assembly Step 2**.

INTRODUCTION
IMPORTANT PRECAUTIONS
ASSEMBLY
BEFORE YOU BEGIN
ASCENT TRAINER OPERATION
CONDITIONING GUIDELINES
TROUBLESHOOTING & MAINTENANCE
LIMITED WARRANTY

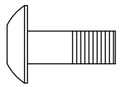
18.0 AXT Rev.2.4.indd 8-9
9/24/08 1:41:48 PM

ASSEMBLY STEP 4

HARDWARE BAG 4 CONTENTS:



BOLT (H)
20 mm
Qty: 8

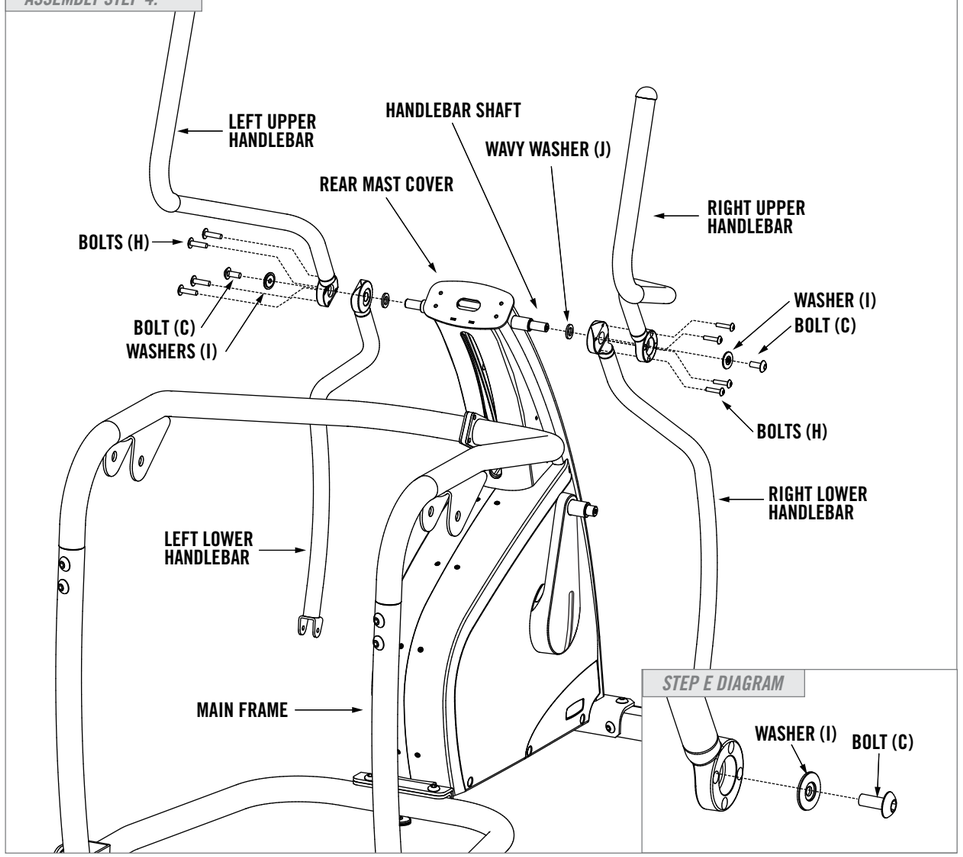


BOLT (C)
16 mm
Qty: 2

WASHER (I)
34 mm
Qty: 2

WAVY WASHER (J)
23 mm
Qty: 2

ASSEMBLY STEP 4:



A Open **HARDWARE BAG 4**.

B Slide 1 **WAVY WASHER (J)** onto each **HANDLEBAR SHAFT**.

C Slide the **LEFT LOWER HANDLEBAR** onto the **HANDLEBAR SHAFT**. Be sure the **LEFT LOWER HANDLEBAR** is positioned the same as shown in the diagram.

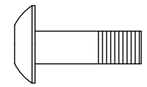
D Slide the **LEFT UPPER HANDLEBAR** onto the **HANDLEBAR SHAFT**. Using 4 **BOLTS (H)** connect the **UPPER** and **LOWER HANDLEBAR** as shown in the diagram. Do not tighten any bolts until all 4 are started.

E Secure the handlebar assembly using 1 **WASHER (I)** and 1 **BOLT (C)**.

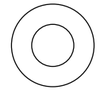
F Repeat **STEPS C-E** on the opposite side.
NOTE: Be sure to attach WASHER (I) as shown in STEP E DIAGRAM.

ASSEMBLY STEP 5

HARDWARE BAG 5 CONTENTS:

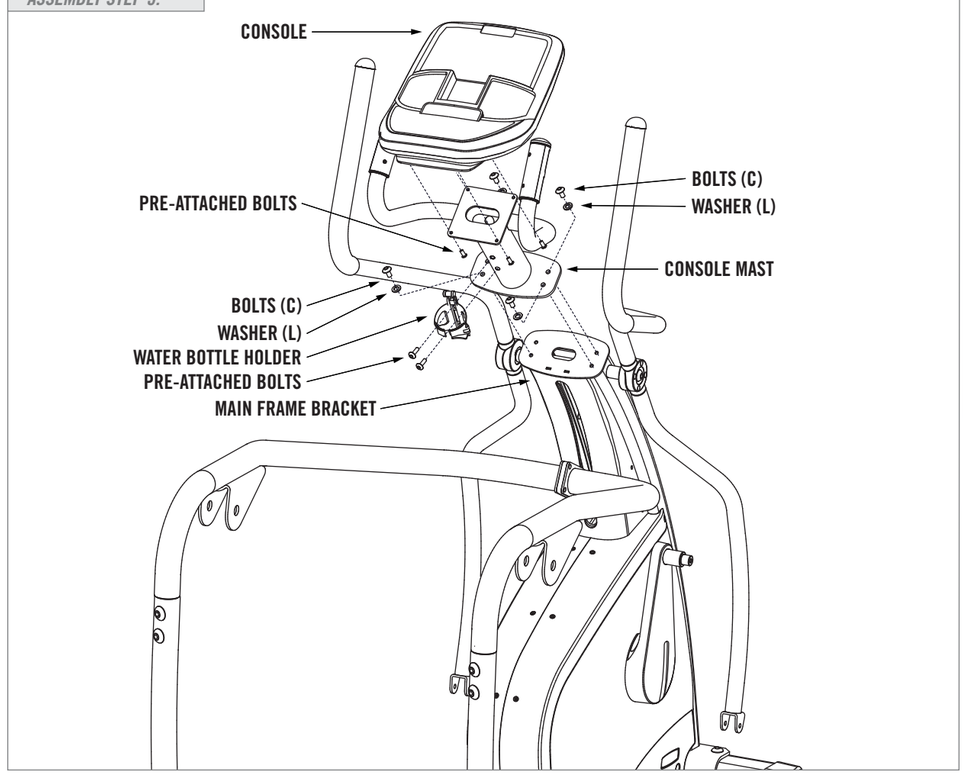


BOLT (C)
16 mm
Qty: 4



WASHER (L)
18 mm
Qty: 4

ASSEMBLY STEP 5:



A Open **HARDWARE BAG 5**.

B Run wires from **MAIN FRAME BRACKET** through the **CONSOLE MAST**.

C Attach **CONSOLE MAST** to the **MAIN FRAME BRACKET** using 4 **BOLTS (C)** and 4 **WASHERS (L)**.

D Attach wires to back of **CONSOLE**.
NOTE: Do not pinch wires.

E Attach **CONSOLE** to the **CONSOLE MAST** using 4 **PRE-ATTACHED BOLTS**.

F Attach **WATER BOTTLE HOLDER** to **CONSOLE MAST** using 2 **PRE-ATTACHED BOLTS**.

18.0 AXT Rev.2.4.indd 10-11
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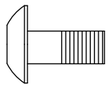
ASSEMBLY STEP 6

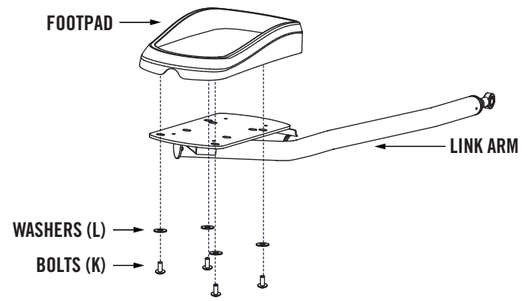
HARDWARE BAG 6 CONTENTS:



BOLT (K)
12 mm
Qty: 8

WASHER (L)
18 mm
Qty: 8

ASSEMBLY STEP 6:



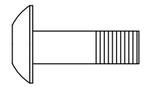
A Open **HARDWARE BAG 6**.

B Attach each **FOOTPAD** to the footpad support on each **LINK ARM** using 4 **BOLTS (K)** and 4 **WASHERS (L)**.

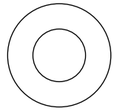
C Repeat with the left **LINK ARM**.

ASSEMBLY STEP 7

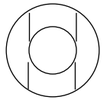
HARDWARE BAG 7 CONTENTS:



BOLT (C)
16 mm
Qty: 2

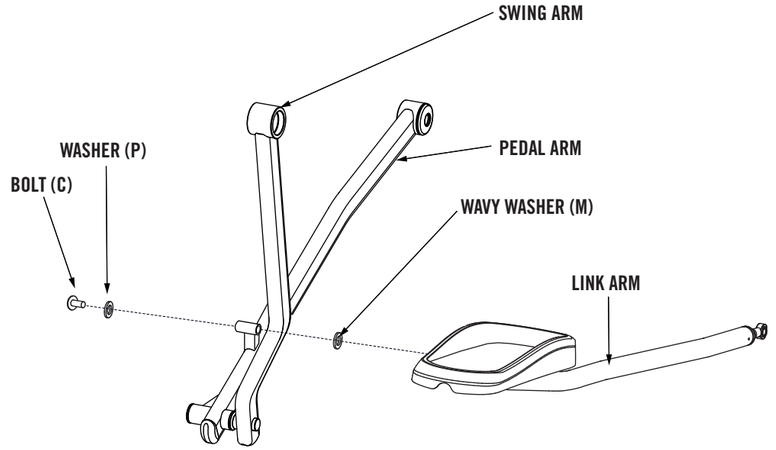


WASHER (P)
38 mm
Qty: 2



WAVY WASHER (M)
34 mm
Qty: 2

ASSEMBLY STEP 7:



A Open **HARDWARE BAG 7**.

B Attach right **LINK ARM** to right **PEDAL ARM** using 1 **BOLT (C)**, 1 **WASHER (P)** and 1 **WAVY WASHER (M)**.

C Repeat on opposite side.

D Discard packaging plastic.

18.0 AXT Rev.2.4.indd 12-13
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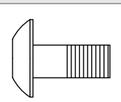
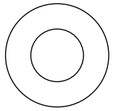
ASSEMBLY STEP 8

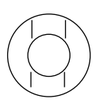
HARDWARE BAG 8 CONTENTS:



BOLT (C)
16 mm
Qty: 6



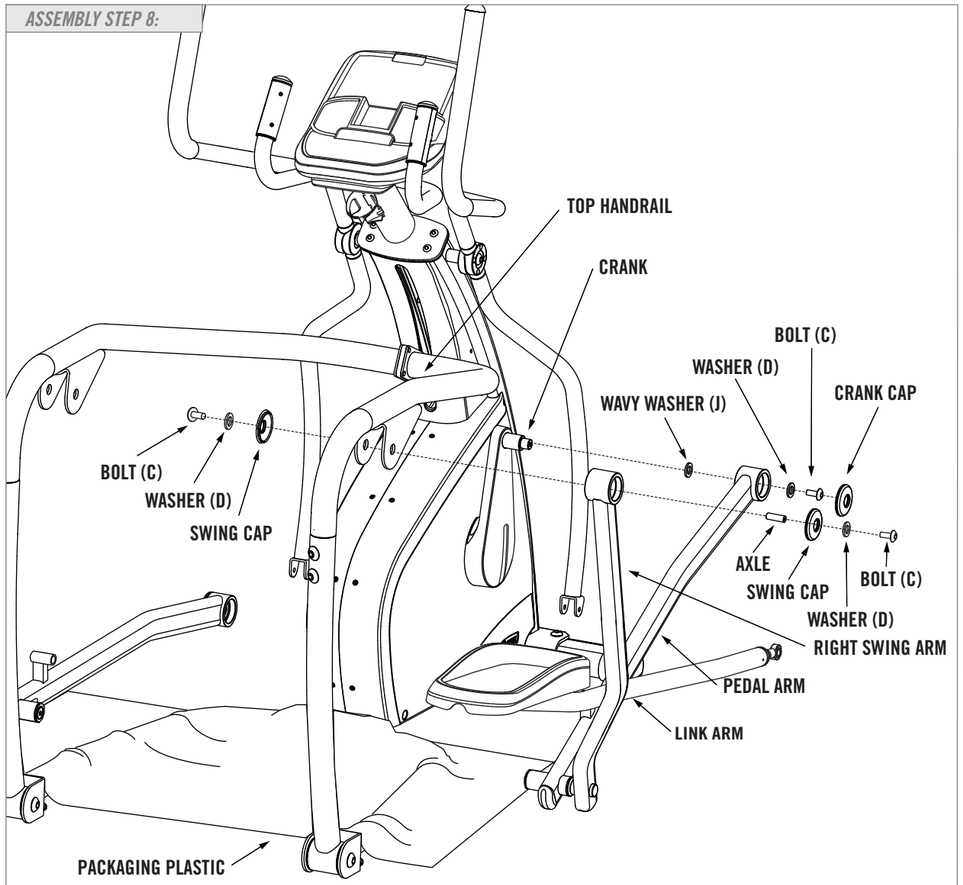
WASHER (D)
25 mm
Qty: 6



WAVY WASHER (J)
29 mm
Qty: 2

AXEL
Qty: 2

ASSEMBLY STEP 8:



A Lay waste packaging plastic over the **BASE RAIL**. This will prevent the **PEDAL ARM** assembly from scratching the ascent trainers paint.

B Open **HARDWARE BAG 8**.

C Attach right **SWING ARM** to **TOP HANDRAIL** using 2 **SWING CAPS**, 2 **BOLTS (C)**, 2 **AXLES** and 2 **WASHERS (D)**.

LEAVE BOLTS LOOSE until you have finished **STEP D**.

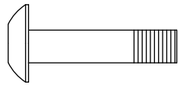
D Attach the right **PEDAL ARM** to the right **CRANK** using 1 **WAVY WASHER (J)**, 1 **WASHER (D)** and 1 **BOLT (C)**.

E Attach the **CRANK CAP** to the **CRANK**.

F Repeat on opposite side.

ASSEMBLY STEP 9

HARDWARE BAG 9 CONTENTS:



BOLT (N)
45 mm
Qty: 2

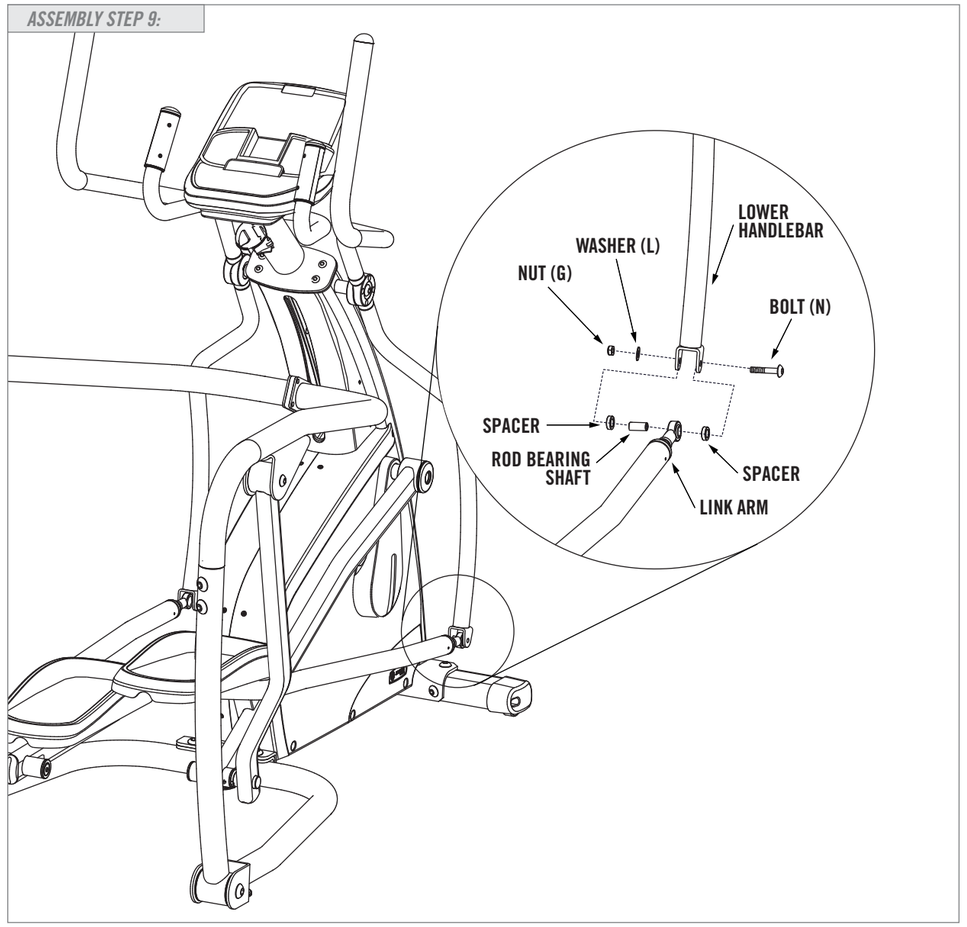
WASHER (L)
18 mm
Qty: 2

ROD BEARING SHAFT
Qty: 2

SPACER
Qty: 4

NUT (G)
8 mm
Qty: 2

ASSEMBLY STEP 9:



A Open **HARDWARE BAG 9**.

B Slide 1 **ROD BEARING SHAFT** into the joint end of right **LINK ARM**.

C Fit 1 **SPACER** on each side of each **ROD BEARING SHAFT** after the **ROD BEARING SHAFTS** are in **LINK ARM**.

D Attach right **LINK ARM** to the right **LOWER HANDLEBAR** using 1 **BOLT (N)**, 1 **WASHER (L)** and 1 **NUT (G)**.

E Repeat on opposite side.

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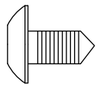
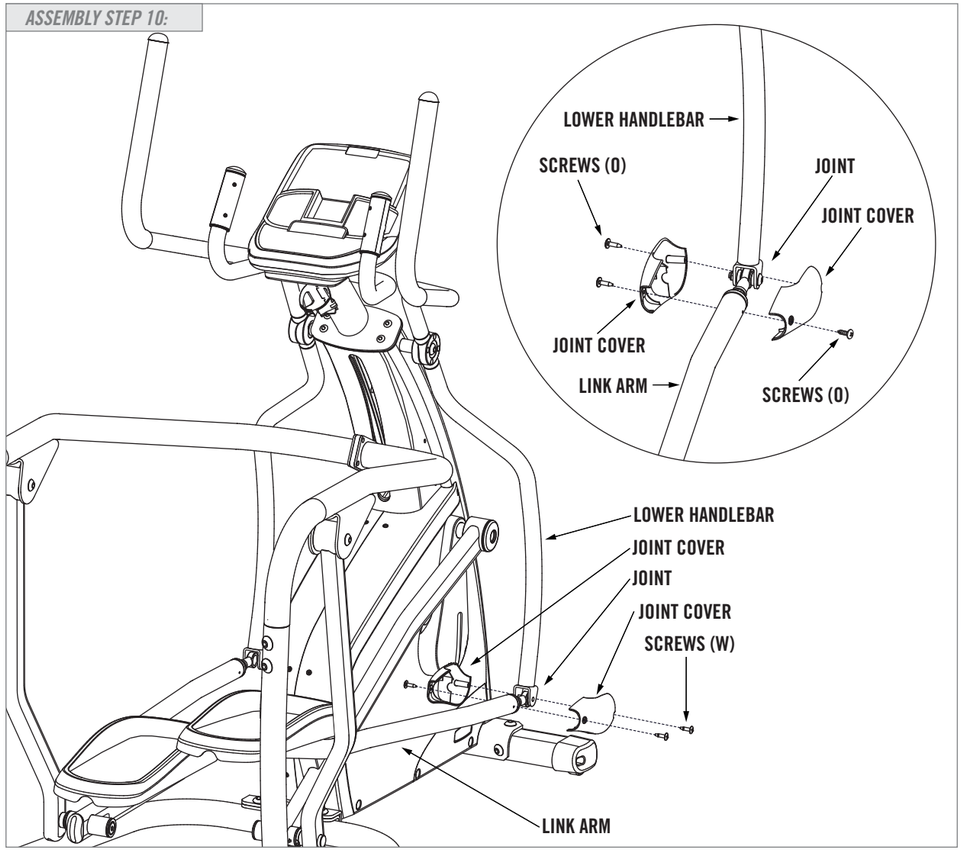
ASSEMBLY STEP 10

HARDWARE BAG 10 CONTENTS:



SCREW (O)
12 mm
Qty: 6

ASSEMBLY STEP 10:



A Open **HARDWARE BAG 10**.

B Attach **JOINT COVERS** to the joint between the right **LINK ARM** and the right **LOWER HANDLEBARS** using 3 **SCREWS (O)**.

C Repeat on opposite side.

YOU'RE FINISHED!

BEFORE YOU BEGIN

CONGRATULATIONS on choosing your ascent trainer. You've taken an important step in developing and sustaining an exercise program! Your ascent trainer is a tremendously effective tool for achieving your personal fitness goals. Regular use of your ascent trainer can improve the quality of your life in so many ways.

HERE ARE JUST A FEW OF THE HEALTH BENEFITS OF EXERCISE:

- *Weight Loss*
- *A Healthier Heart*
- *Improved Muscle Tone*
- *Increased Daily Energy Levels*

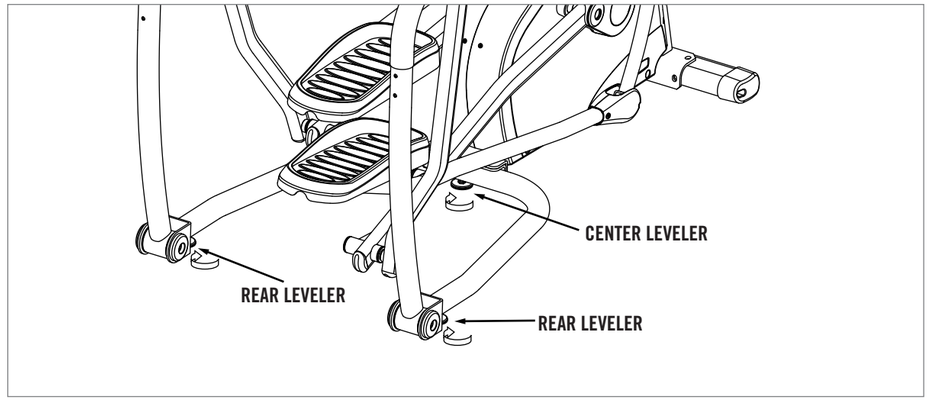
The key to reaping these benefits is to develop an exercise habit. Your new ascent trainer will help you eliminate obstacles that prevent you from exercising. Inclement weather and darkness won't interfere with your workout when you use your ascent trainer in the comfort of your home. This guide provides you with basic information for using and enjoying your new machine.

LOCATION OF THE ASCENT TRAINER

Place the ascent trainer on a level surface. Do not place the ascent trainer in any area that will block any vent or air openings. The ascent trainer should not be located in a garage, covered patio, near water or outdoors.

ADJUSTING LEVELERS

*Adjust the 2 rear levelers so that the ascent trainer is level on the floor. Then adjust the center leveler located under the **BASE RAIL** just so it is snug with the floor.*



INTRODUCTION
IMPORTANT PRECAUTIONS
ASSEMBLY
BEFORE YOU BEGIN
ASCENT TRAINER OPERATION
CONDITIONING GUIDELINES
TROUBLESHOOTING & MAINTENANCE
LIMITED WARRANTY

18.0 AXT Rev.2.4.indd 16-17 9/24/08 1:42:15 PM

ASCENT TRAINER OPERATION

POWER

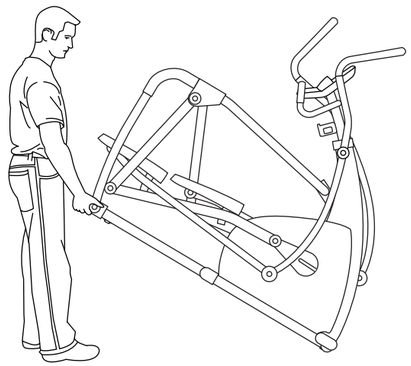
*Your ascent trainer is powered by a power supply. The power must be plugged into the power jack, which is located in the front of the ascent trainer near the **FRONT STABILIZER TUBE**. Make sure the console power switch, located next to the power jack, is in the ON position.*

INCLINE OPERATION

If the stop button is pressed to pause the program, the incline motor will remain at its current height. To return the incline to 0%, press start and change the incline to 0% before dismounting. If the stop button is held for 3 seconds to reset the console, the incline will return to 0%.

⚠WARNING

Do not operate the ascent trainer if the power cord or plug is damaged.
If the ascent trainer appears to not be working properly,
do not use the ascent trainer.



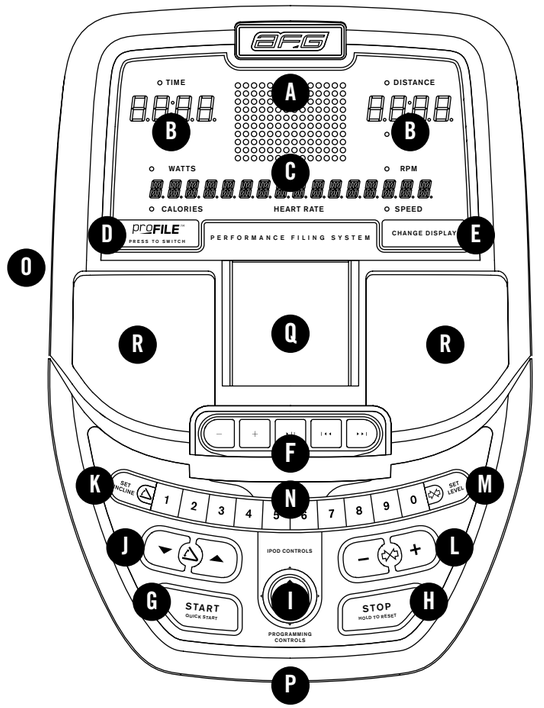
MOVING

*Your ascent trainer has a pair of transport wheels built into the **FRONT STABILIZER TUBE.** To move, first remove the power supply and firmly grasp the base carefully tilt and role.*

⚠WARNING

Our ascent trainers are well built and heavy, weighing up to 200 lbs!
Use care and additional help if necessary when moving.:

18.0 AXT CONSOLE



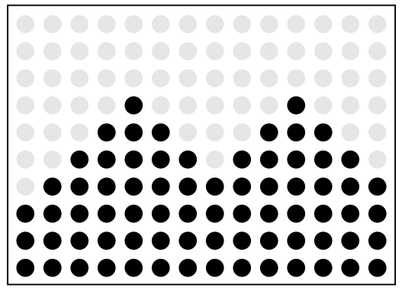
***NOTE:** There is a thin protective sheet of clear plastic on the overlay of the console that should be removed.*

***A) WORKOUT PROFILE DISPLAY:** Displays workout profiles.*
***B) ADDITIONAL DISPLAY WINDOWS:** Time, distance, date and clock.*
***C) ALPHANUMERIC DISPLAY WINDOW:** Displays watts, calories, RPM, heart rate, speed and proFILE™ display information.*
***D) proFILE™ BUTTON:** Used to scroll through proFILE™ display modes. Must be pressed after selecting user.*
***E) CHANGE DISPLAY BUTTON:** Used to scroll through display modes. Press to change display feedback during workout.*
***F) iPOD® CONTROLS:** Press to adjust your attached iPod® audio settings.*
***G) START:** Simply press to begin exercising or starts your workout.*
***H) STOP:** Press to pause/end your workout. Hold for 3 seconds to reset the ascent trainer.*
***I) iPOD®/ PROGRAMMING BUTTON:** Used to select program, level and time, and other options. Used to control iPod® (during workout only).*
***J) INCLINE ARROW KEYS:** Press to adjust incline in 5% increments.*
***K) SET INCLINE KEY:** Used to confirm desired incline.*
***L) RESISTANCE ARROW KEYS:** Press to adjust resistance.*
***M) SET LEVEL KEY:** Used to confirm desired level.*
***N) QUICK ADJUST KEYPAD:** Used to reach desired resistance or incline more quickly.*
***O) AUDIO IN:** Plug your CD / MP3 player into the console using the included audio adaptor cable.*
***P) AUDIO OUT/HEADPHONE JACK** Plug your headphones into this jack to listen to your music through the headphones.*
***Q) iPOD® DOCKING STATION/MP3 PLAYER POCKET:** Used to dock your iPod® or store your MP3 Player.*
***R) SPEAKERS:** Music plays through speakers when your CD/MP3 player is connected to the console.*
***NOTE:** When headphones are plugged into the headphone jack the sound will no longer come out through the speakers.*

18.0 AXT Rev.2.4.indd 18-19 9/24/08 1:42:19 PM

MONITOR DISPLAY

Speed: Shown as MPH.
Time: Shown as Minutes:Seconds. Indicates the time remaining or the time elapsed in your workout.
HEART RATE: Shown as Beats Per Minute. Indicates your heart rate (displayed when contact is made with both pulse grips).
Distance: Shown as Miles. Indicates distance traveled during your workout.
*Incline: Shown as Percent. Indicates the incline of the ascent trainer guide rail.**
Calories: Indicates total Calories burned during your workout.
WATTS: Displays current user power output.
*RESISTANCE: Indicates the resistance of the ascent trainer workout.**



***WORKOUT PROFILES:** Represents the profile of the workout being used (speed during speed based workouts and incline during incline based workouts).*
** Incline and Resistance will display in Alphanumeric display when adjusted and then will revert back to current workout info.*

DATE & CLOCK SETUP

***1)** Enter Setup Mode: Press and hold 1 and 2 BUTTONS for 3-5 seconds.*
***2)** Use the ENTER button to confirm settings.*
***3)** Settings include: MONTH, DAY, YEAR, HOUR, MINUTE, and AM/PM.*
***4)** Review Settings: You can review your settings at any time while in Setup Mode. Use the ENTER button to scroll through settings.*
***5)** Exit Setup Mode: To confirm the Date and Time, press and hold ENTER for 3 seconds.*
***6)** To Reset: Simply reenter Setup Mode and adjust Date and Time to the correct setting.*

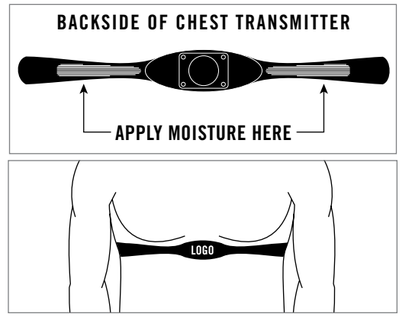
HEART RATE

PULSE GRIPS

Place the palm of your hands directly on the grip pulse handlebars. Both hands must grip the bars for your heart rate to register. It takes 5 consecutive heart beats (15-20 seconds) for your heart rate to register. When gripping the pulse handlebars, do not grip tightly. Holding the grips tightly may elevate your blood pressure. Keep a loose, cupping hold. You may experience an erratic readout if consistently holding the grip pulse handlebars. Make sure to clean the pulse sensors to ensure proper contact can be maintained. See MAINTENANCE SECTION.

WIRELESS CHEST TRANSMITTER

Prior to wearing the wireless chest transmitter on your chest, moisten the two rubber electrodes with water. Center the chest strap just below the breast or pectoral muscles, directly over your sternum, with the logo facing out.
***NOTE:** The chest strap must be tight and properly placed to receive an accurate and consistent readout. If the chest strap is too loose, or positioned improperly, you may receive an erratic or inconsistent heart rate readout.*



***IMPORTANT:** The heart rate function on this product is not a medical device. While heart rate grips can provide a relative estimation of your actual heart rate, they should not be relied on when accurate readings are necessary. Some people, including those in a cardiac rehab program, may benefit from using an alternate heart rate monitoring system like a chest or wrist strap. Various factors, including movement of the user, may affect the accuracy of your heart rate reading. The heart rate reading is intended only as an exercise aid in determining heart rate trends in general. Please consult your physician.*

QUICK START

***1)** Turn on ascent trainer.*
***2)** Press **START** button and begin exercising.*
***3)** Program will automatically default to Manual (P1), the time will count up from 0:00, and the resistance will default to level 1, and the incline will default to 0%.*
***4)** The resistance and incline level can be adjusted during the workout.*

SELECTING PROGRAMS

***1)** Select a program using the **UP/DOWN ARROW** keys and press **ENTER**.*
***NOTE:** If you press **START** before pressing **ENTER**, the program will begin and counts up from 0:00 for the Manual (P1) and Constant Watts (P4) programs, and count down from 30:00 for all other programs. The level defaults to 1.*
***2)** Set **TIME** using the **UP/DOWN ARROW KEYS** on the programming button and press **ENTER**.*
***3)** Select a **LEVEL** using the **UP/DOWN ARROW KEYS** on the programming button and press **ENTER**.*
***4)** Press **START** or **ENTER** to begin the program.*

18.0 AXT Rev.2.4.indd 20-21
9/24/08 1:42:22 PM

PROGRAM PROFILES

P1: MANUAL

*Allows 'On The Fly' manual **RESISTANCE** changes. Time-based goal.*

P2: INTERVALS

*Walk or run a series of alternating **RESISTANCE** levels.*
Time-based goals with 16 difficulty levels to choose from.

	WARM-UP				PROGRAM SEGMENTS - Repeat												COOL-DOWN			
Seconds	60	60	60	60	30	60	60	30	30	60	30	60	60	30	30	60	60	60	60	60
Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	1	2	2	3	5	1	1	5	5	1	5	1	1	5	5	1	3	2	2	1
2	1	2	2	3	6	2	2	6	6	2	6	2	2	6	6	2	3	2	2	1
3	1	2	2	4	7	3	3	7	7	3	7	3	3	7	7	3	4	2	2	1
4	1	2	2	5	8	4	4	8	8	4	8	4	4	8	8	4	5	2	2	1
5	2	3	5	6	9	5	5	9	9	5	9	5	5	9	9	5	6	5	3	2
6	2	3	5	7	10	6	6	10	10	6	10	6	6	10	10	6	7	5	3	2
7	2	3	5	8	11	7	7	11	11	7	11	7	7	11	11	7	8	5	3	2
8	2	3	5	9	12	8	8	12	12	8	12	8	8	12	12	8	9	5	3	2
9	3	4	5	10	13	9	9	13	13	9	13	9	9	13	13	9	10	5	4	3
10	3	4	8	11	14	10	10	14	14	10	14	10	10	14	14	10	11	8	4	3
11	3	6	10	12	15	11	11	15	15	11	15	11	11	15	15	11	12	10	6	3
12	3	6	10	13	16	12	12	16	16	12	16	12	12	16	16	12	13	10	6	3
13	5	9	13	14	17	13	13	17	17	13	17	13	13	17	17	13	14	13	9	5
14	5	9	13	15	18	14	14	18	18	14	18	14	14	18	18	14	15	13	9	5
15	5	9	13	16	19	15	15	19	19	15	19	15	15	19	19	15	16	13	9	5
16	5	9	13	17	20	16	16	20	20	16	20	16	16	20	20	16	17	13	9	5

Warm-up and cool-down last 4:00 minutes each.

PROGRAM PROFILES

P3: WEIGHT LOSS

*Challenges with various combinations of hills and valleys (**RESISTANCE**). Time-based goal with 16 difficulty levels to choose from.*

	WARM-UP				PROGRAM SEGMENTS - Repeat												COOL-DOWN			
Seconds	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60
Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	1	2	2	3	3	3	4	4	5	5	5	5	4	4	3	3	3	2	2	1
2	1	2	2	3	4	4	5	5	6	6	6	6	5	5	4	4	3	2	2	1
3	1	2	2	4	5	5	6	6	7	7	7	7	6	6	5	5	4	2	2	1
4	1	2	2	5	6	6	7	7	8	8	8	8	7	7	6	6	5	2	2	1
5	2	3	5	6	7	7	8	8	9	9	9	9	8	8	7	7	6	5	3	2
6	2	3	5	7	8	8	9	9	10	10	10	10	9	9	8	8	7	5	3	2
7	2	3	5	8	9	9	10	10	11	11	11	11	10	10	9	9	8	5	3	2
8	2	3	5	9	10	10	11	11	12	12	12	12	11	11	10	10	9	5	3	2
9	3	4	5	10	11	11	12	12	13	13	13	13	12	12	11	11	10	5	4	3
10	3	4	8	11	12	12	13	13	14	14	14	14	13	13	12	12	11	8	4	3
11	3	6	10	12	13	13	14	14	15	15	15	15	14	14	13	13	12	10	6	3
12	3	6	10	13	14	14	15	15	16	16	16	16	15	15	14	14	13	10	6	3
13	5	9	13	14	15	15	16	16	17	17	17	17	16	16	15	15	14	13	9	5
14	5	9	13	15	16	16	17	17	18	18	18	18	17	17	16	16	15	13	9	5
15	5	9	13	16	17	17	18	18	19	19	19	19	18	18	17	17	16	13	9	5
16	5	9	13	17	18	18	19	19	20	20	20	20	19	19	18	18	17	13	9	5

Warm-up and cool-down last 4:00 minutes each.

P4: CONSTANT WATTS

***1)** Select **CONSTANT WATTS PROGRAM** using the **UP/DOWN ARROW KEYS** and press **ENTER**.*
***2)** Set **TIME** using the **UP/DOWN ARROW KEYS** on the programming button and press **ENTER**.*
***3)** Select desired **WATTS** using the **UP/DOWN ARROW KEYS** on the programming button and press **ENTER**.*
***4)** Press **START** or **ENTER** to being the program.*

18.0 AXT Rev.2.4.indd 22-23
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PROGRAM PROFILES

P5: THR ZONE

*1) Select **THR ZONE** program using the **PROGRAM QUICK KEY** and press **ENTER**.*
*2) Select **TIME** using the **ARROW KEYS** on the programming button and press **ENTER**.*
*3) The **HEART RATE** window will flash showing the default target heart rate of 80 beats per minute.*
*4) Select your target heart rate (from the chart on page 24) using the **ARROW KEYS** on the programming button and press **START** to begin program.*

***NOTE**: Target heart rate is selected in multiples of 5 beats.*

In this program, the large LED dot matrix window displays your heart rate during exercise. The middle row represents your target heart rate (THR) and the other rows equal +/-2 heart beats. If you are working out beneath your THR, the LEDs below the middle row will illuminate. If you are over, the LEDs above the middle row will illuminate. Your current heart rate is represented by the flashing column and the window will refresh every 5 seconds.

NOTES:
1) There is a 4-minute warm-up built into this program at level 1 resistance.
2) After 4 minutes the resistance will automatically adjust to bring your heart rate within 5 beats of the target number you selected at the beginning of the program.
3) If there is no Heart Rate detected, the unit will not change resistance levels up or down.
4) If your Heart Rate is 25 beats over your Target Zone the program will shut down.

P6: REVERSE TRAIN

*Program cues you to pedal forward (F) and backwards (R) for an exciting and challenging workout (**RESISTANCE** levels). Time-based goal with 16 difficulty levels to choose from.*

SECONDS	60	60	60	60	30	60	90	60	90	45	60	45	90	90	30	30	60	60	60	60
	WARM-UP				F	R	F	R	F	R	F	R	F	R	F	R	COOL-DOWN			
LEVEL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	1	1	1	2	3	2	3	1	2	3	1	2	3	1	2	3	2	1	1	1
2	1	1	1	2	4	3	4	2	3	4	2	3	4	2	3	4	2	1	1	1
3	1	1	1	2	5	4	5	3	4	5	3	4	5	3	4	5	2	1	1	1
4	1	1	1	3	6	5	6	4	5	6	4	5	6	4	5	6	3	1	1	1
5	1	2	3	3	7	6	7	5	6	7	5	6	7	5	6	7	3	3	2	1
6	1	2	3	4	8	7	8	6	7	8	6	7	8	6	7	8	4	3	2	1
7	1	2	3	4	9	8	9	7	8	9	7	8	9	7	8	9	4	3	2	1
8	1	2	3	5	10	9	10	8	9	10	8	9	10	8	9	10	5	3	2	1
9	1	1	1	2	11	10	11	9	10	11	9	10	11	9	10	11	2	1	1	1
10	1	1	1	2	12	11	12	10	11	12	10	11	12	10	11	12	2	1	1	1
11	2	2	2	3	13	12	13	11	12	13	11	12	13	11	12	13	2	1	1	1
12	3	3	3	4	14	13	14	12	13	14	12	13	14	12	13	14	3	1	1	1
13	3	4	4	5	15	14	15	13	14	15	13	14	15	13	14	15	3	3	2	1
14	3	4	5	6	16	15	16	14	15	16	14	15	16	14	15	16	4	3	2	1
15	3	5	6	7	17	16	17	15	16	17	15	16	17	15	16	17	4	3	2	1
16	4	6	7	8	18	17	18	16	17	18	16	17	18	16	17	18	5	3	2	1

Warm-up and cool-down last 4:00 minutes each.

PROGRAM PROFILES

P7: INCLINE 1

*Takes your strength and endurance to the next level of fitness with intense combinations of **RESISTANCE** and **INCLINE**. Time based goal with 10 difficulty levels to choose from.*
***NOTE:** All elevations are listed as a percent of total elevation.*

		WARM UP		Program segements - Repeat								COOL DOWN	
	Seconds	2:00	2:00	1:30	1:00	1:30	1:00	1:30	1:00	1:30	1:00	2:00	2:00
LEVEL	Segment #	1	2	3	4	5	6	7	8	9	10	11	12
1	elevation	5	10	5	15	5	15	5	30	5	30	10	5
	resistance	1	2	1	3	1	3	1	6	1	6	2	1
2	elevation	5	15	10	25	10	25	10	35	10	35	10	5
	resistance	1	3	2	5	2	5	2	7	2	7	2	1
3	elevation	10	15	15	35	15	35	15	40	15	40	15	10
	resistance	2	3	3	7	3	7	3	8	3	8	3	2
4	elevation	10	20	20	45	20	45	25	5	25	5	15	10
	resistance	2	4	4	9	4	9	5	10	5	10	3	2
5	elevation	15	15	30	55	30	55	35	60	35	60	25	15
	resistance	3	3	6	11	6	11	7	12	7	12	5	3
6	elevation	15	20	40	65	40	65	45	70	45	70	25	15
	resistance	3	4	8	13	8	13	9	14	9	14	5	3
7	elevation	20	20	45	70	45	70	50	75	50	75	25	15
	resistance	4	4	9	14	9	14	10	15	10	15	5	3
8	elevation	20	25	5	75	50	75	55	80	55	80	25	15
	resistance	4	5	10	15	10	15	11	16	11	16	5	3
9	elevation	20	25	60	80	60	80	65	85	65	85	25	15
	resistance	4	5	12	16	12	16	13	17	13	17	5	3
10	elevation	20	25	70	90	70	90	75	90	75	90	25	15
	resistance	4	5	14	18	14	18	15	18	15	18	5	3

Warm-up and cool-down last 4:00 minutes each.

18.0 AXT Rev.2.4.indd 24-25
9/24/08 1:42:27 PM

P8: INCLINE 2

		WARM UP		Program segments - Repeat												COOL DOWN	
	Seconds	2:00	2:00	60	60	60	60	60	60	60	60	60	60	60	60	2:00	2:00
LEVEL	Segment #	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
1	elevation	5	10	15	15	15	10	10	10	10	10	10	15	15	15	5	5
	resistance	1	2	4	4	5	5	6	6	6	6	5	5	4	4	3	2
2	elevation	5	15	20	20	20	15	15	15	15	15	15	20	20	20	10	10
	resistance	1	3	6	6	7	7	8	8	8	8	7	7	6	6	3	2
3	elevation	10	15	30	30	30	25	25	25	25	25	25	30	30	30	15	15
	resistance	2	3	7	7	9	9	10	10	10	10	9	9	7	7	3	2
4	elevation	10	20	40	40	40	35	35	35	35	35	35	40	40	40	20	20
	resistance	2	4	8	8	10	10	11	12	12	11	10	10	8	8	3	2
5	elevation	15	15	50	50	50	45	45	45	45	45	45	50	50	50	25	25
	resistance	3	3	9	9	11	11	12	13	13	12	11	11	9	9	4	3
6	elevation	15	20	60	60	60	55	55	55	55	55	55	60	60	60	30	30
	resistance	3	4	10	10	12	12	13	14	14	13	12	12	10	10	4	3
7	elevation	20	20	70	70	70	65	65	65	65	65	65	70	70	70	35	35
	resistance	4	4	11	11	13	13	14	15	15	14	13	13	11	11	5	4
8	elevation	20	25	80	80	80	75	75	75	75	75	75	80	80	80	40	40
	resistance	4	5	12	12	14	14	15	16	16	15	14	14	12	12	5	4
9	elevation	20	25	90	90	90	85	85	85	85	85	85	90	90	90	40	40
	resistance	4	5	13	13	15	15	16	17	17	16	15	15	13	13	5	4
10	elevation	20	25	100	100	100	90	90	90	90	90	90	100	100	100	40	40
	resistance	4	5	14	14	16	16	17	18	18	17	16	16	14	14	5	4

Warm-up and cool-down last 4:00 minutes each.

P9 & P10: CUSTOM

*1) Select **CUSTOM 1 OR 2 PROGRAM** using the **PROGRAM QUICK KEY** and press **ENTER**.*

*2) Set **TIME** using the **ARROW KEYS** on the programming button and press **ENTER**.*
At this time, your program has been successfully saved into memory and can be used for future workouts.

*3) Set the **RESISTANCE PROFILES** using the **ARROW KEYS** on the programming button and press **ENTER** after each **RESISTANCE PROFILE** is set to the desired level (repeat until all 15 segments are chosen).*

*4) Next, set the **INCLINE PROFILES** using the **ARROW KEYS** on the programming button and press **ENTER** after each **INCLINE PROFILE** is set to the desired level (repeat until all 15 segments are chosen).*
***NOTE**: If **BACK** is pressed on the programming button, it will take you back to previous segment.*

*5) Press **START** to begin the program.*
***NOTE:** To reset the memory press and hold the **ENTER** button for 5 seconds.*

Finishing Your Program

*When your workout is complete, the **CONSOLE** will beep. Your workout information will stay displayed on the console for 30 seconds and then reset.*

Clear Current Selection

To clear the current workout selection or screen, hold the STOP button for 3 seconds.

18.0 AXT Rev.2.4.indd 26-27 9/24/08 1:42:29 PM

proFILE™ PERFORMANCE TRACKER

Introduction

Research shows that those who journal their fitness routines or workouts, on average, achieve greater success than those who do not. Because your new ascent trainer is equipped with AFG's exclusive proFILE™ Performance Tracker, you've taken an important step towards achieving your fitness goals. Congratulations!

proFILE™ is an innovative new software, integrated into your ascent trainer console, that will allow you to track your fitness progress over time, without the need for paper journals or logs. proFILE™ allows you to easily compare your current workout to your last, average or lifetime workout totals. With quick access to feedback like duration of workout or calories burned during previous workouts, you'll be able to quickly and easily see the progress you've made. Read further to learn about how proFILE™ can help motivate you to enhance your performance.

proFILE™ OPERATION

SETUP: *To activate proFILE™ a user MUST be chosen before the program begins. To select a USER 1 or 2, use PROGRAMMING BUTTON and press ENTER to confirm. All accumulated data specifically relates to the user that is chosen. Note: If no user is selected and clock and date are not set, no data will be tracked.*

RESET: *Reset all recorded information for User 1 or User 2 by selecting the user and then holding down the proFILE™ button for 10 seconds. Note: This step is permanent and will delete ALL previously accumulated data for the chosen user.*

ACCUMULATED DATA: *Once proFILE™ is activated, you can scroll through your accumulated data in multiple formats by pressing the proFILE™ button. A workout is saved when: the program ends, the console is paused and not resumed within 10 minutes, or the STOP button is held to reset the console.*

1) CURRENT WORKOUT: *The console automatically defaults to Current Workout, displaying your progress in real time.*

2) AVERAGE WORKOUT: *This option allows you to see your average accumulated data for the last 30 workouts. The following information will be shown in each display window:*

TIME: Average workout time.
CALORIES: Average calories burned.
WATTS: Average watts of workout.
DISTANCE: Average workout distance.
SPEED: Average speed of workout.
RPM: Average RPM of workout.

3) LAST WORKOUT: *This option allows you to view your accumulated data from your last workout. The Current Workout becomes the Last Workout once a program has ended or the console has been reset. The following information will be shown in each display window:*

TIME: Average time of last workout.
CALORIES: Average calories burned of last workout.
WATTS: Average watts of last workout.
DISTANCE: Average distance of last workout.
SPEED: Average speed of last workout.
RPM: Average RPM of last workout.

proFILE™ PERFORMANCE TRACKER

4) WEEKLY GOAL: *Indicates the weekly goal you set. "**LEFT**": Indicates the time or distance you have left to complete to meet your weekly goal.*

TIME *or* ***DISTANCE****: The total time or distance goal you selected and the time or distance you have left to complete to meet your weekly goal.*

A) *The "GOAL" and "LEFT" will display alternately every 3 seconds.*
B) *"GOAL DONE" message will appear when goal is completed.*
C) *If the date and clock are not set and/or a weekly goal is not set, WEEKLY GOAL will display zeros.*
D) *The time or distance left for the weekly goal will reset at the end of each week.*

5) WEEKLY TOTAL: *View your accumulated data from the last Sunday to the present day.*

NOTE: *This data is based on week to date NOT the previous seven days. For instance, if you have not used the machine since Sunday, the console will read zeros. The following information will be shown in each display window:*

TIME: Total time of workout.
CALORIES: Average calories burned.
WATTS: Average watts of weekly workout.
DISTANCE: Total distance of workout.
SPEED: Average speed of weekly workout.
RPM: Average RPM of weekly workout.

NOTE: *If the Date and Clock are not set, Weekly Total will default to the Last Workout data.*

6) LIFETIME TOTAL: *This option allows you to view the total accumulated data. The following information will be shown in each display window:*

TIME - Total accumulated time.
NOTE: *If time is greater than 59:59, the time will no longer display minutes and will display hours only.*
CALORIES - Average calories burned.
WATTS - Average watts.
DISTANCE - Total accumulated distance.
SPEED - Average speed.
RPM - Average RPM.

WEEKLY GOAL SETUP

1) Select ***USER 1*** *or* ***USER 2.***

2) Press ***proFILE™*** *button and scroll to* ***WEEKLY GOAL.***

3) Enter the Setup Mode: Press ***ENTER****. Use* ***+/- KEYS*** *to set a time goal (leave time at 00:00 if you want to set a distance goal).*

4) Press ***ENTER*** *button again and use the* ***+/- KEYS*** *to set a distance goal. If the distance is changed from 0.00, distance will be the goal.*

NOTE: *You may only set a time or distance goal, not both.*

5) Press ***ENTER*** *button again to exit the* ***SETUP MODE****.*

18.0 AXT Rev.2.4.indd 28-29
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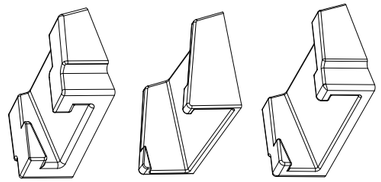
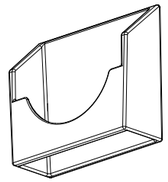
USING SPEAKER/MP3 AUDIO FUNCTION



iPod® Dock Inserts
Note: Dock insert sizes vary for each iPod.



Universal MP3 Dock Insert

iPOD® DOCKING STATION (iPOD® NOT INCLUDED)

The AFG iPod Docking Station is the entertainment solution for your workouts. Various models of iPod with a dock connector can fit with the use of the included inserts.

*1) Remove rubber plug from bottom of **DOCKING STATION**.*

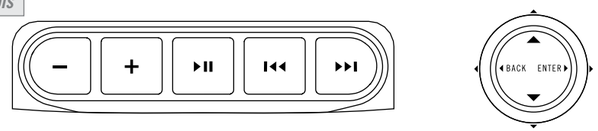
*2) Place the insert that fits your iPod model into the **DOCKING STATION**.*
***NOTE:** Dock inserts will not fit all of the way to the bottom of the docking station.*

3) Plug in your iPod by matching the dock connector pin on the ascent trainer with the dock connector on your iPod.
***NOTE:** If you want to connect a different sized iPod, simply lift out the insert and replace with a new one.*

4) Use the iPod controls below the iPod dock to adjust volume and music selection. Use the iPod programming button to access full iPod functionality.
***NOTE:** If you don't want to use the speakers, you can plug your headphones into the **AUDIO OUT JACK** at the bottom of the **CONSOLE**.*

*5) Replace the rubber plug into the bottom of the **DOCKING STATION** when the station is not in use.*
***NOTE:** iPod audio will not play through speakers if audio adaptor cable is plugged in while iPod is in the **DOCKING STATION**.*
***NOTE:** iPod **CONSOLE CONTROLS** will only function while you are in a program.*

iPod Console Controls



USING OTHER MP3/CD PLAYERS

*1) Leave **RUBBER PLUG** at bottom of **DOCKING STATION**.*

*2) To hold your **MP3** player in place in the **DOCKING STATION**, use the **UNIVERSAL MP3 PLAYER INSERT**.*
***NOTE:** Only iPods are compatible with the **CONNECTOR PIN** in the iPod Docking station.*

*3) Connect the included **AUDIO ADAPTOR CABLE** to the **AUDIO IN JACK** on the top of the **CONSOLE** and the **HEADPHONE JACK** on your **CD / MP3** player.*

*4) Use your **CD/MP3** player buttons to adjust song settings.*
***NOTE:** If you don't want to use the speakers, you can plug your headphones into the **AUDIO OUT JACK** at the bottom of the **CONSOLE**.*

*5) Remove the **AUDIO ADAPTOR CABLE** when not in use.*

CONDITIONING GUIDELINES

ALWAYS CONSULT YOUR PHYSICIAN BEFORE BEGINNING AN EXERCISE PROGRAM.

HOW OFTEN? (Frequency of Workouts)

The American Heart Association recommends that you exercise at least 3 to 4 days per week to maintain cardiovascular fitness. If you have other goals such as weight or fat loss, you will achieve your goal faster with more frequent exercise. Whether it's 3 days or 6 days, remember that your ultimate goal should be to make exercise a lifetime habit. Many people are successful staying with a fitness program if they set aside a specific time of day to exercise. It doesn't matter whether it's in the morning before breakfast, during lunch hour or while watching the evening news. What's more important is that it's a time that allows you to keep a schedule, and a time when you won't be interrupted. To be successful with your fitness program, you have to make it a priority in your life. So decide on a time, pull out your day planner and pencil in your exercise times for the next month!

HOW LONG? (Duration of Workouts)

For aerobic exercise benefits, it's recommended that you exercise from between 24 and 60 minutes per session. But start slowly and gradually increase your exercise times. If you've been sedentary during the past year, it may be a good idea to keep your exercise times to as little as five minutes initially. Your body will need time to adjust to the new activity. If your goal is weight loss, a longer exercise session at lower intensities has been found to be most effective. A workout time of 48 minutes or more is recommended for best weight loss results.

HOW HARD? (Intensity of Workouts)

How hard you workout is also determined by your goals. If you use your machine to prepare for a 5K workout, you will probably work out at a higher intensity than if your goal is general fitness. Regardless of your long term goals, always begin an exercise program at low intensity. Aerobic exercise does not have to be painful to be beneficial! There are two ways to measure your exercise intensity. The first is by monitoring your heart rate using the grip pulse handlebars and the second is by evaluating your perceived exertion level (this is simpler than it sounds!).

PERCEIVED EXERTION LEVEL

A simple way to gauge your exercise intensity is to evaluate your perceived exertion level. While exercising, if you are too winded to maintain a conversation without gasping, you are working out too hard. A good rule of thumb is to work to the point of exhilaration, not exhaustion. If you cannot catch your breath, it's time to slow down. Always be aware of these warning signs of overexertion.

18.0 AXT Rev.2.4.indd 30-31
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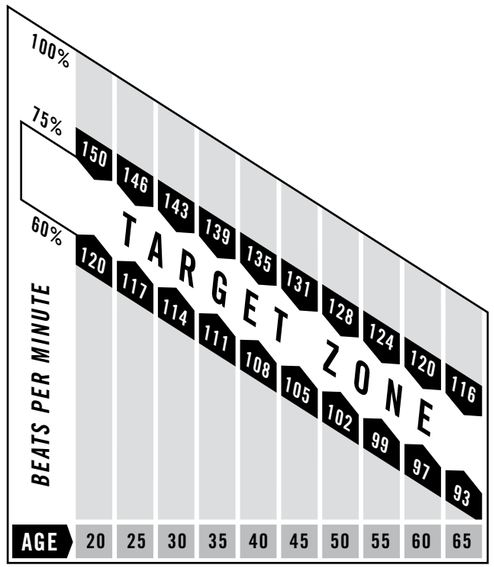
TARGET HEART RATE ZONE CHART

What is Target Heart Rate Zone?

Target Heart Rate Zone tells you the number of times per minute your heart needs to beat to achieve a desired workout effect. It is represented as a percentage of the maximum number of times your heart can beat per minute. Target Zone will vary for each individual, depending on age, current level of conditioning, and personal fitness goals. The American Heart Association recommends working-out at a Target Heart Rate Zone of between 60% and 75% of your maximum heart rate. A beginner will want to workout in the 60% range while a more experienced exerciser will want to workout in the 70-75% range. See chart for reference.



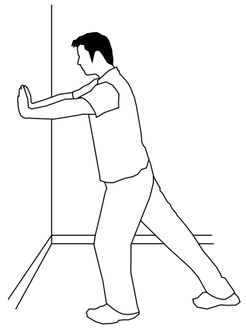
EXAMPLE:
For a 42-year-old user: Find age along the bottom of the chart (round to 40), follow age column up to the target zone bar. Results: 60% of maximum Hear Rate = 108 Beats Per Minute, 75% of maximum Heart Rate = 135 Beat Per Minute.

ALWAYS CONSULT YOUR PHYSICIAN BEFORE BEGINNING AN EXERCISE PROGRAM.

TIPS STRETCHING

STRETCH FIRST

Before using your product, it is best to take a few minutes to do a few gentle stretching exercises. Stretching prior to exercise will improve flexibility and reduce chances of exercise related injury. Ease into each of these stretches with a slow gentle motion. Do not stretch to the point of pain. Make sure not to bounce while doing these stretches.

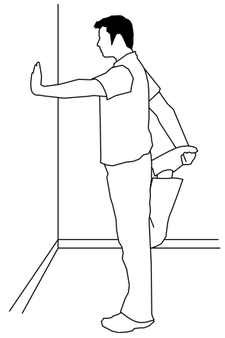


1. STANDING CALF MUSCLE STRETCH

Stand near a wall with the toes of your left foot about 18" from the wall, and the right foot about 12" behind the other foot. Lean forward, pushing against the wall with your palms. Keep your heels flat and hold this position for a count of 15 seconds. Make sure that you do not bounce while stretching. Repeat on the other.

2. STANDING QUADRICEP STRETCH

Using a wall to provide balance, grasp your right ankle with your right hand and hold your foot against the back of your thigh for 15 seconds. Repeat with your left ankle and hand.



3. SITTING HAMSTRING & LOWER BACK MUSCLE STRETCH

Sit on the floor with your legs together and straight out in front of you. Do not lock your knees. Extend your fingers towards your toes and hold for a count of 15 seconds. Make sure that you do not bounce while stretching. Sit upright again. Repeat one time.

18.0 AXT Rev.2.4.indd 32-33
9/24/08 1:42:32 PM

TIPS THE IMPORTANCE OF A WARM-UP & COOL DOWN

WARM UP

The first 2 to 5 minutes of a workout should be devoted to warming up. The warm-up will limber your muscles and prepare them for more strenuous exercise. Make sure that you warm-up on your product at a slow pace. The warm up should gradually bring your heart rate into your Target Heart Rate Zone.

COOL DOWN

Never stop exercising suddenly! A cool-down period of 3-5 minutes allows your heart to readjust to the decreased demand. Make sure that your cool down period consists of a very slow pace to allow your heart rate to lower. After the cool-down, repeat the stretching exercises listed above to loosen and relax your muscles.

TIPS ACHIEVING YOUR FITNESS GOALS

An important step in developing a long-term fitness program is to determine your goals. Is your primary goal for exercising to lose weight? Improve muscle? Reduce stress? Prepare for the spring racing schedule? Knowing what your goals are will help you develop a more successful exercise program. Below are some common exercise goals:

- *Weight Loss - lower intensity, longer duration workouts*
- *Improve Body Shape and Tone - interval workouts, alternate between hi and low intensities*
- *Increased Energy Level - more frequent daily workouts*
- *Improved Sports Performance - high intensity workouts*
- *Improved Cardiovascular Endurance - moderate intensity, longer duration workouts*

If possible try to define your personal goals in precise, measurable terms, and then put your goals in writing. The more specific you can be, the easier it will be to track your progress. If your goals are long term, divide them up into monthly and weekly segments. Longer term goals can lose some of the immediate motivation benefits. Short-term goals are easier to achieve. Your console provides you with several readouts that can be used to record your progress. You can track distance, calories or time.

KEEPING AN EXERCISE DIARY

To make your personal exercise log book, photocopy the weekly and monthly log sheets, which are located on the following pages, or you can print them off of your computer by going to:

www.advancedfitnessgroup.com/guides/weeklylog.pdf
www.advancedfitnessgroup.com/guides/monthlylog.pdf

As your fitness improves, you can look back and see how far you've come!

TROUBLESHOOTING

Your AFG ascent trainer is designed to be reliable. However, if you do experience problems with your ascent trainer, please reference the troubleshooting guide listed below.

PROBLEM: *The console does not turn on.*
SOLUTION: *Verify the following:*

- *The outlet the machine is plugged into is functional. Double check that the breaker has not tripped.*
- *The correct adapter is being used. Only use the adapter provided or authorized by AFG.*
- *The adapter is not pinched or damaged and is properly plugged into the outlet AND the machine.*
- *The power switch is turned to the ON position (may not apply to all models).*
- *Unplug the power cord. Remove the console and check that all connections to the console are secure and not damaged or pinched.*

PROBLEM: *The console lights up but the Time/RPM's do not count.*
SOLUTION: *Verify the following:*

- *Unplug the power cord. Remove the console and check that all connections to the console are secure and not damaged or pinched.*
- *If doing the above does not fix the problem, the speed sensor and/or magnet may have become dislodged or damaged.*

PROBLEM: *The resistance levels seem to be incorrect, seeming too hard or too easy.*
SOLUTION: *Verify the following:*

- *The correct adapter is being used. Only use the adapter provided or authorized by AFG.*
- *Reset the console and allow the resistance to reset to the default position. Restart and retry the resistance levels.*

18.0 AXT Rev.2.4.indd 34-35 9/24/08 1:42:32 PM

HEART RATE TROUBLESHOOTING

PROBLEM: *There is no heart rate reading.*
SOLUTION: *Remove the console and verify that the heart rate cables are attached properly, making sure that the cables are securely inserted into the console.*

- *Check your exercise environment for sources of interference such as high power lines, large motors, etc.*

YOU MAY EXPERIENCE AN ERRATIC HEART RATE READOUT UNDER THE FOLLOWING CONDITIONS:

- *Gripping the heart rate handlebars too tight. Try to maintain moderate pressure while holding onto the heart rate handlebars.*
- *Constant movement and vibration due to constantly holding the heart rate grips while exercising.*
- *When you are breathing heavily during a workout.*
- *When your hands are constricted by wearing a ring.*
- *When your hands are dry or cold. Try moistening your palms or rubbing them together to warm.*
- *Anyone with heavy arrhythmia.*
- *Anyone with arteriosclerosis or peripheral circulation disorder.*
- *Anyone whose skin on the measuring palms is especially thick.*
- *Low light environments can also affect proper readings.*

NOTE: *Outside interference sources such as computers, motors and fluorescent lights may cause the reading to be erratic.*

If the above troubleshooting section does not remedy the problem, discontinue use and turn the power off.

CALL CUSTOMER TECH SUPPORT AT THE NUMBER ON THE BACK PANEL. WHEN YOU ARE NEAR THE EQUIPMENT

The following information may be asked of you when you call. Please have these items readily available:

- *Model Name*
- *Serial Number*
- *Date of Purchase (receipt or credit card statement)*

In order for Customer Tech Support to service your ascent trainer, they may need to ask detailed questions about the symptoms that are occurring. Some troubleshooting questions that may be asked are:

- *How long has this problem been occurring?*
- *Does this problem occur with every use? With every user?*
- *If you are hearing a noise, does it come from the front, back or inside? What kind of noise is it (thumping, grinding, squeaking, chirping etc.)?*
- *If you are having a resistance problem what is occurring? Is the resistance always too hard or too easy? Does the resistance respond when pushing the buttons on the console? Does the resistance constantly cycle through the levels during the workout?*
- *Has the machine been maintained per the maintenance schedule?*
- *Does the problem occur when using the handlebars? Without using the handlebars?*

Answering these and other questions will give the technicians the ability to send proper replacement parts and the service necessary to get you and your AFG ascent trainer running again!

COMMON PRODUCT QUESTIONS

ARE THE SOUNDS MY ASCENT TRAINER MAKES NORMAL?

Our ascent trainers are some of the quietest available because they use belt drives and friction free magnetic resistance. We use the highest grade bearings and belts to minimize noise. However, because the resistance system itself is so quiet, you will occasionally hear other slight mechanical noises. Unlike older, louder technologies, there are no fans, friction belts, or alternator noises to mask these sounds on our ascent trainers. These mechanical noises, which may or may not be intermittent, are normal and are caused by the transfer of significant amounts of energy to a rapidly spinning flywheel. All bearings, belts and other rotating parts will generate some noise which will transmit through the casing and frame. It is also normal for these sounds to change slightly during a workout and over time because of thermal expansion of the parts.

WHY IS THE ASCENT TRAINER I HAD DELIVERED LOUDER THAN THE ONE AT THE STORE?

All fitness products seem quieter in a large store showroom because there is generally more background noise than in your home. Also, there will be less reverberation on a carpeted concrete floor than on a wood overlay floor. Sometimes a heavy rubber mat will help reduce reverberation through the floor. If a fitness product is placed close to a wall, there will be more reflected noise.

HOW LONG WILL THE DRIVE BELT LAST?

The computer modeling we have done indicated virtually thousands of maintenance free hours. Belts are now commonly used in far more demanding applications such as motorcycle drives.

CAN I MOVE THE ASCENT TRAINER EASILY ONCE IT IS ASSEMBLED?

Your ascent trainer has a pair of transport wheels built into the front stabilizer bar. It is easy to move your ascent trainer by rolling it on the front transport wheels. It is important that you place your ascent trainer in a comfortable and inviting room. Your ascent trainer is designed to use minimal floor space. Many people will place their ascent trainers facing the TV or a picture window. If at all possible, avoid putting your ascent trainer in a unfinished basement. To make exercise a desirable daily activity for you, the ascent trainer should be in a comfortable setting.

18.0 AXT Rev.2.4.indd 36-37 9/24/08 1:42:32 PM

MAINTENANCE

WHAT KIND OF ROUTINE MAINTENANCE IS REQUIRED?

We use sealed bearings throughout our ascent trainers so lubrication is not needed. The most important maintenance step is to simply wipe your perspiration off the ascent trainer after each use.

HOW DO I CLEAN MY ASCENT TRAINER?

Clean with soap and water cleaners only. Never use solvents on plastic parts.

Cleanliness of your ascent trainer and its operating environment will keep maintenance problems and service calls to a minimum. For this reason, AFG recommends that the following preventive maintenance schedule be followed.

AFTER EACH USE (DAILY)

- *Turn off the ascent trainer by unplugging the power cord from the wall outlet*
- *Wipe down the ascent trainer with a damp cloth. Never use solvents, as they can cause damage to the ascent trainer.*
- *Inspect the power cord. If the power cord is damaged, contact AFG.*
- *Make sure the power cord is not underneath the ascent trainer or in any other area where it can become pinched or cut.*

WARNING *To remove power from the ascent trainer, the power cord must be disconnected from the wall outlet.*

WEEKLY

- *Clean underneath the ascent trainer, following these steps:*
- *Turn off the ascent trainer*
- *Move the ascent trainer to a remote location.*
- *Wipe or vacuum any dust particles or other objects that may have accumulated underneath the ascent trainer.*
- *Return the ascent trainer to its previous position.*

EVERY MONTH

- *Inspect all assembly bolts and pedals on the machine for proper tightness.*
- *Clean any debris off of the pedal arm wheels and guide rails.*

LIMITED HOME-USE WARRANTY

WEIGHT CAPACITY = 325 lbs

FRAME • LIFETIME
AFG warrants the frame against defects in workmanship and materials for the lifetime of the original owner.

BRAKE • LIFETIME
AFG warrants the brake against defects in workmanship and materials for the lifetime of the original owner.

ELECTRONICS & PARTS • 3 YEARS*
AFG warrants the electronic components and all original parts for a period of 1 year from the date of original purchase, so long as the device remains in the possession of the original owner.

**By registering the 18.0 AXT within 30 days of purchase, AFG will automatically extend the electronics and parts warranty of this product from 3 to 5 years.*

LABOR • 1 YEAR
AFG shall cover the labor cost for the repair of the device for a period of 1 year from the date of the original purchase, so long as the device remains in the possession of the original owner.

EXCLUSIONS AND LIMITATIONS

Who is covered:
The original owner and is not transferable.

What IS covered:
Repair or replacement of a defective motor, electronic component, or defective part and is the sole remedy of the warranty.

What IS NOT covered:
- *Normal wear and tear, improper assembly or maintenance, or installation of parts or accessories not originally intended or compatible with the equipment as sold.*
- *Damage or failure due to accident, abuse, corrosion, discoloration of paint or plastic, neglect, theft, vandalism, fire, flood, wind, lightning, freezing, or other natural disasters of any kind, power reduction, fluctuation or failure from whatever cause, unusual atmospheric conditions, collision, introduction of foreign objects into the covered unit, or modifications that are unauthorized or not recommended by AFG.*
- *Incidental or consequential damages. AFG is not responsible or liable for indirect, special or consequential damages, economic loss, loss of property, or profits, loss of enjoyment or use, or other consequential damages of whatsoever nature in connection with the purchase, use, repair or maintenance of the product.*
- *Equipment used for commercial purposes or any use other than a single family or Household, unless endorsed by AFG for coverage.*
- *Equipment owner or operated outside the US and Canada.*
- *Delivery, assembly, installation, setup for original or replacement units or labor or other costs associated with removal or replacement of the covered unit.*
- *Any attempt to repair this equipment creates a risk of injury. AFG is not responsible or liable for any damage, loss or liability arising from any personal injury incurred during the course of, or as a result of any repair or attempted repair of your fitness equipment by other than an authorized service technician. All repairs attempted by you on your fitness equipment are undertaken AT YOUR OWN RISK and AFG shall have no liability for any injury to the person or property arising from such repairs.*

SERVICE/RETURNS

- *In-home service is available only within 150 miles of the nearest authorized repair center.*
- *All returns must be pre-authorized by AFG.*
- *AFG's obligation under this warranty is limited to replacing or repairing, at AFG's option, the product at one of its authorized service centers.*
- *A AFG authorized service center must receive all products for which a warranty claim is made. These products must be received with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase.*
- *Parts and electronic components reconditioned to As New Condition by AFG or its vendors may sometimes be supplied as warranty replacement parts and constitute fulfillment of warranty terms.*
- *This warranty gives you specific legal rights, and your rights may vary from state to state.*

18.0 AXT Rev.2.4.indd 38-39 9/24/08 1:42:33 PM

CUSTOMER TECH SUPPORT

For fast and friendly service, please contact one of our trained customer technicians via phone, email or our website.

Customer Tech Support Hotline: ***1-877-462-3455***
Email: ***comments@advancedfitnessgroup.com***
Website: ***www.advancedfitnessgroup.com***

Every employee at AFG takes pride in providing you with a high quality product. We want to know if you have a problem and we want to have an opportunity to correct it for you.

NOTE*: Please read the TROUBLESHOOTING section before contacting Customer Tech Support. To receive additional product information, visit us at www.advancedfitnessgroup.com*

1620 Landmark Dr,
Cottage Grove, WI 53527
Tel: 1.877.GOAFG.55

18.0 AXT Rev.2.4.indd 40 9/24/08 1:42:33 PM